



EASY LUNCH MENU

SANDWICHES \$9:

Served Individually on an Assortment of Breads and Wraps (10 Person Minimum)

Crispy Chicken BLT w/ Black Pepper Aioli

Slow Roasted Beef w/ Horseradish Mayo & Monterey Jack

Turkey Club w/ Avocado Mayo

Cajun Chicken w/ Roasted Pepper Remoulade & Cheddar

Canadian Smoked Salmon w/ Dill Cream Cheese, & Cucumber

Italian Hero: Prosciutto, Salami, Fresh Mozzarella, Grilled Peppers, & Basil Aioli

Grilled Mediterranean Vegetables w/ Hummus & Tomato Jam

Curry Chicken Salad w/ Grapes, Green Apple & Dried Cranberries

Smoked Ham w/ Egg, Swiss, & Honey Dijon

BBQ Pork w/ Jalapeno & Apple Slaw

SANDWICH BOXES:

Big Box \$108 (Choose up to 3 varieties)	Bigger Box \$180 (Choose up to 5 varieties)
12 Sandwiches cut in half, with pickles and potato chips on the side	20 Sandwiches cut in half, with pickles and potato chips on the side

SALADS \$6:

(10 Person Minimum, Served Individually to Avoid a Lineup at the Salad Bowl)

Mixed Greens, Fresh Berries, Cinnamon Frosted Pecans, Goats Cheese, & Maple Dressing

Quinoa w/ Roasted Beets, Orange, Arugula, Fresh Herbs, & Pumpkin Seeds w/ Lemon & Honey Vinaigrette

Chickpea Salad w/ Mediterranean Vegetables, Mint, Basil, Lemon, & Feta Cheese

Ancient Grains w/ Tomato, Cucumber, Dried Fruit, & Fresh Herbs w/ Citrus Vinaigrette

Mixed Greens w/ Garden Vegetables & Sweet Balsamic Vinaigrette

Roasted Vegetables w/ Kale, Goats Cheese, Pumpkin Seeds, Herb & Shallot Vinaigrette

Broccoli & Tomato Pasta Salad w/ Bacon, Smoked Gouda, and Red Wine Vinaigrette

Mixed Greens, Brown Rice, Corn, Black Beans, Tomato, Cheddar, Lime, Cilantro, & Southwest Dressing

★ Make Your Salad a Meal, Add Protein to Any Salad!

- 4oz Grilled Chicken \$6
- Marinated Striploin (Medium) \$6
- Miso & Sesame Salmon \$6
- Honey Ham \$6
- 2 Hard Boiled Eggs \$4
- Marinated Tofu \$4

SOUP:

(10 Person Minimum)

Turkey Vegetable \$7

Curried Chickpea & Coconut \$7

Classic Tomato Basil \$7

Tuscan Lentil \$7

Steak & IPA Chili \$9

Seafood Chowder \$9

Rotating Monthly Soup \$7

PLATTERS & BOXES:

(Priced Per Person, 12 Person Minimum)

Fresh Fruit (Sliced Seasonal Fruit w/ Whipped Cream Cheese Dip) \$5

Sliced Loaves & Pastries (Cinnamon Buns, Croissants, Tea Biscuits, and Assorted Coffee Cakes w/ Butter & Preserves) \$6.50

Buttermilk Blueberry Biscuits (By Popular Demand!) \$4

Fresh Vegetable (Assorted Spears, Slices, and Florets of Crisp Market Vegetables, w/ Buttermilk Ranch Dip) \$4

Cheese (Imported and Domestic Cheeses, w/ Berries, Nuts & Crackers) \$6

Charcuterie (Variety of Cured Meats, w/ Dried Fruit, Olives, & Spicy Pepper Jelly) \$7

Charcuterie & Cheese Combo (Best of Both Worlds w/ Assorted Garnishes & Crackers) \$8

Protein Platter (Chilled Chicken, Steak, & Salmon, w/ Assorted Garnishes & Condiments) \$12

Mediterranean (Artichoke Dip, Hummus, Pita, Feta Cheese, Olives, Marinated and Pickled Things) \$5

SWEETS & SNACKS:

(10 Person Minimum)

Fruit & Yogurt Parfaits w/ Granola & Honey \$6

Flourless Chocolate Torte w/ Milk Chocolate Ganache Glaze \$5

XL Cookies \$4

- Peanut Butter Cup
- Chocolate Chunk
- Oatmeal Raisin

Maple & Pecan Biscotti \$4

Double Chocolate Brownies \$5

Chewy Oatmeal Cream Pies \$5

Lemon Shortbread Bars \$4

Chocolate Pop Tarts \$5

Partridgeberry Oatmeal Bars \$4

Flavoured Popcorn \$6

- Cookies & Cream
- Salted Caramel Pecan

Recess Granola Bars \$5

Banana Oat & Coffee Energy Bites \$3.50

Assorted Potato Chips \$2.50

COLD BEVERAGES:

Water \$2

Flavoured San Pellegrino \$2.75

Coconut Water \$3.25

Kombucha \$4.50

Assorted Pop \$2

Assorted Juice \$2

HOT BEVERAGES \$24:

(12 x 8oz Cups Per Order)

Coffee

Assorted Tea

Creamy Hot Cocoa